



## ALCSG Wraps Up Valiant Shield '06

By MC1(SW) JOAQUIN JUATAI  
Penny Press staff

USS Abraham Lincoln (CVN 72) Carrier Strike Group (ALCSG) concluded Exercise Valiant Shield June 23, marking the completion of the first such exercise to involve three carrier strike groups in more than 10 years.

USS Kitty Hawk (CV 63) and USS Ronald Reagan (CVN 76) Carrier Strike Groups also participated in the exercise, along with U.S. Air Force, U.S. Coast Guard and U.S. Marine Corps personnel.

Valiant Shield is a joint exercise designed to reinforce the United States' commitment to the Pacific Region and exercises the U.S. military's ability to conduct robust, joint command-and-control operations and rapidly bringing together joint forces in response to any regional contingency.

"Exercise Valiant Shield is the most important evolution of our 2006 deployment," said Lincoln Commanding Officer, Capt. C.A. McCawley. "Our ability to seamlessly integrate with two other carrier strike groups as well as Air Force, Marine Corps and Coast Guard units in order to respond to any situation that could occur in the Pacific region is vital to the transformation



Photo By MC3 Jordan Beesley

**Boatswain's Mate 3rd Class Jason Dood stands the forward port lookout watch on the Arleigh Burke Class Destroyer USS Russell (DDG 59), during exercise Valiant Shield.**

of American fighting forces in the Pacific."

Rear Adm. Bill Goodwin, commander of ALCSG, emphasized

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## Good Citizenship Important in Hawaii

By MC1(SW) JOAQUIN JUATAI  
Penny Press staff

Good conduct while on liberty is an important part of the Abraham Lincoln Carrier Strike Group's (ALCSG) mission during deployment, as the citizenship ALCSG Sailors exhibit is a direct reflection of both the United States and the Navy in host ports.

While visiting Pearl Harbor, Hawaii, it is very important that Sailors remember to practice good citizenship, according to USS Abraham Lincoln's Command Judge

Advocate, Lt. Cmdr. James Carsten.

"I think good citizenship means more than the absence of illegal behavior," said Carsten. "It's being a positive role model for other Sailors; it's being a good representative of the United States and the Navy and fostering positive relationships with the local population."

In addition to U.S. Sailors, there will be Sailors from Japan, Chile, the Republic of Korea, Peru, Australia, Canada and the United Kingdom in port before they get underway to participate in the Rim of the Pacific (RIMPAC) Exercises.

One of the most important ways Sailors can ensure they present that positive image is by ensuring they adhere to the liberty policy ALCSG has in place.

"You can go out and have a good time, but do it in a responsible manner, and moderation is the key," said Carsten.

According to the published liberty policy for Hawaii, Lincoln Sailors need to remember a few key points:

First, the buddy system is mandatory for all hands E-4 and below. In addition,

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## Local News

# Abe's V-4 Pumps 25 Million Gallons Of JP-5

BY MCSN BRANDON WILSON  
Penny Press staff

USS Abraham Lincoln's (CVN 72) Air Department's V-4 division set a milestone June 15, as the ship reached the 25-million gallon mark of fuel pumped aboard during this Western Pacific deployment.

The ship pumped fuel aboard during 10 underway replenishments (UNREP), an operation in which fuel lines are sent from a USNS oil tanker to a ship while underway, which supplies the fuel needed for Carrier Air Wing (CVW) 2 aircraft.

According to Senior Chief Aviation Boatswain's Mate (Fuels) (SW) William Langdon, "25 million gallons of JP-5 is more fuel than 3 1/2 (oil) tankers full."

"It's quite an accomplishment, especially on this type of deployment," said Aviation Boatswain's Mate Third Class Sam Gregg. "We came out here not expecting to fly this hard. We came up with 25 million, and we did it without any big mishaps."

Lincoln and CVW2 used approximately 16-million gallons of fuel during Surge Deployment '04-05, much less than during the current deployment. According to V-4 Fuels Bos'n, Lt. Michael Chanley, USS John C. Stennis (CVN 74) held the previ-

ous record, pumping 23.5 million gallons of fuel during its maiden deployment.

"We're on track to handle 27 million gallons this cruise," said Chanley. He added that the ship expected to perform a total of 12 re-fueling UNREPs.

The JP-5 fuel V-4 manages is pumped from stowage tanks below decks and stripped of any water within the tanks. It's then sent through transfer pumps into purifiers. After being cleaned, the JP-5 becomes service fuel ready to be sent to the service tanks and from there to the flight deck. The more jets that are in the air, the more fuel is demanded.

"It's a huge number (of gallons) for the four month period we've been underway compared to other deployments that we've had," said Aviation Boatswain's Mate Fuel First Class (AW) Douglas Mohr.

From the below decks where the purple shirts provide serviceable fuel, to the flight deck where they directly fuel the aircraft, V-4 pumps roughly 150-200-thousand gallons of JP-5 per day to the aircraft on the flight deck.

V-4 celebrated by having a cake-cutting ceremony in the First Class Mess June 18 with Commander Carrier Strike Group 9, Rear Adm. Bill Goodwin congratulating them on such a high achievement.



Photo By MCSN Brandon Wilson

**AA Clinton Perreault from Air V-4 division takes a sampling of JP5 to be checked for impurities.**

It is an honor to celebrate the dedication and professionalism of the hard-working Sailors of V-4 division," said Goodwin. "Their dedication to safely performing this vital job is exemplary of the overall outstanding performance of the Abraham Lincoln Carrier Strike Group team."



**Due to technical difficulties, the Penny Press will be in black and white until further notice. For color copies, check out Abenet.**



## June 29, 1918

Reflecting the U.S. Government's concern over the Russian Revolution, the armored cruiser Brooklyn lands her Marine detachment to protect the American Consulate in Vladivostok.

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Media Dept. LCPO.....	MCCS(SW/AW) Jon Annis
Editor.....	MC2(SW) Michael Hart
Staff.....	MCC(SW/AW) Christopher King
	MC1(SW) Joaquin Juatai
	MC2(SW) Michael Cook
	MC3(AW) M. Jeremie Yoder
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# News

## Security Still Needs To Be Your #1 Concern

FROM PACIFIC FLEET MASTER CHIEF (SS/SW)  
R. D. WEST

Hoo-yah, Warriors. This week I want to get right to the point because some recent events have me really concerned.

By now, most of you heard about the loss of personal information by the Veterans Administration. About 26.5 million of our shipmates had their personal information stolen.

This incident brings to light two significant issues that affect us all on a daily basis: information security and identity theft.

What we have is a government employee, much like any of us, who brought home sensitive data on millions of people – despite rules prohibiting such actions.

The same thing applies to us in the military. We are always charged with protecting sensitive and classified information. You just don't realize the impact its unauthorized release can have.

We don't have the option of just sliding a disc of information into a briefcase and take it home to keep working on it. The initiative is laudable, and we can say it was an admirable intention, but we've seen how it is the wrong answer.

So the next time you see "For Official Use Only," or "Classified," make sure you protect it according to its classification. That means keeping it secure and not taking it out of the office.

The VA and the DoD are doing some great work fixing this situation. Many of us have gotten or will be getting a letter explaining what has happened and what steps we need to take to protect ourselves.

That brings me to the next point I want to discuss about dealing with this mess now.

The theft of all this material makes a lot of us susceptible to identity theft.

This is one of the fastest-growing crimes in our society today. It doesn't matter who you are or how much money you have. All a criminal needs is a few bits of personal information.

The main reason identity theft is so much on the rise, is because many of us make it so easy.

All some dumpster-diving creep has to do is fill out the form, mark the change of address block, and a bright new credit card with your name gets mailed to whatever address he puts down.

So you should definitely invest in a shredder. And get one of those confetti shredders so whatever you are shredding turns into an impossible jigsaw puzzle.

Next, the Internet provides a wealth of information ripe for the picking if you aren't paying attention and protecting yourselves.

Recently the Center for Personal Development (CPD) put up a course on Navy Knowledge Online's (NKO) to help you avoid the risks of identity theft.

The course is simply titled "Identity Theft" and is designed to teach you some simple steps to avoid theft of your personal information. It also covers the personal and professional consequences if your information falls into the wrong hands.

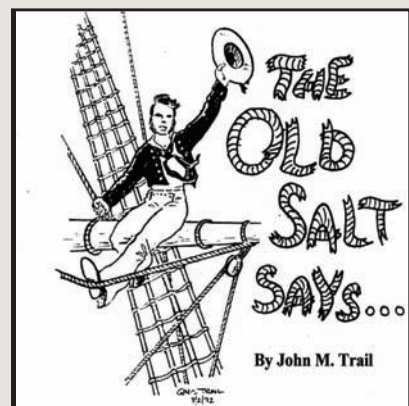
Another resource to help you out is the Federal Trade Commission. The FTC has established an information website with a lot of tips, credit bureau phone numbers, and recommended actions to protect your credit



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## Pay Off A Dead Horse

Most of you have had to request an advance in pay for some reason or another and you will hear the term "Paying off a dead horse" used to define your payback. In the Old Sailing ship days, a ship's crew was advanced a month's pay before they sailed, usually to give to their wives, mothers or sweethearts. On the evening of the last day of the first month at Sea, the crew would make an effigy of a horse stuffed with straw, and have it flogged as it was paraded about the ship. Then they would hoist it aloft on an outboard yardarm, set it afire, then toss it "by the board" (over the side) into the Sea. This signified the end of their "working a month for nothing."



## Local News

# HS-2 Participates in Special Warfare Training

MC3(AW) M. JEREMIE YODER  
*Penny Press staff*

As part of Exercise Valiant Shield '06, a detachment of Sailors from Helicopter Anti-Submarine Squadron (HS) 2 "Golden Falcons" flew to the Island of Guam, June 18-22, to conduct strike warfare mission training.

The squadron joined their counterparts from the HS-14 "Chargers", Navy Special Warfare Unit (SEAL Team) 1 and Explosive Ordnance Disposal Mobile Unit (EODMU) 5.

Aviation Warfare Systems Operator 2<sup>nd</sup> Class (NAC/AW) Kyle Cannon, of HS-14, discovered that working with another HS squadron in addition to SEAL and EOD teams is challenging and rewarding.

"This line of work requires a lot of flexibility," Cannon said.

He said that Sailors from the special operations' community are very intent on mission accomplishment whether the mission involved parachutists dropping out of the helicopter cabin or fast-roping onto roof tops in an urban environment at night.

Aviation Warfare Systems Operator 1<sup>st</sup> Class (NAC/AW) Cory Merritt, an air crew member from HS-2, said that exercises such as Valiant Shield are valuable to a squadron embarked on a ship because they afford both pilots and air crew the opportunity to maintain and improve proficiency in their platform's land-based strike warfare mission.

"This week allowed us to work on both aspects of our strike warfare mission, combat search and rescue and NSW [Naval Special Warfare]," said Merritt. Both are missions that HS-2 cannot train for while aboard USS Abraham Lincoln (CVN 72), he said.

Both squadrons also flew direct actions missions in a low-light environment, deploying special operations troops into a hostile urban setting with the intent of capturing a particular building or personnel within that building.

Merritt emphasized the real world application of such simulations for SEALs, the air crew, and pilots.

He said that with HS squadrons deploying to Iraq, such training is invaluable and it increases the operational readiness of HS-2 in the event of such a deployment.

The Sailors from HS-14, which operates out of Yokosuka, Japan, also found the training extremely valuable, especially the opportunity to fly with a squadron based in the United States.

Cannon said that working with HS-2, if anything, cleared up any questions or complications.

**Turn to HS-2, Page 7**



Photo By MC3(AW) M. Jeremie Yoder

While flying over Guam, Aviation Warfare Systems Operator 2<sup>nd</sup> Class (NAC/AW) Patrick Sullivan, a Sailor attached to HS-2, leans out of the cabin door of an HH-60H helicopter and scans the landscape.

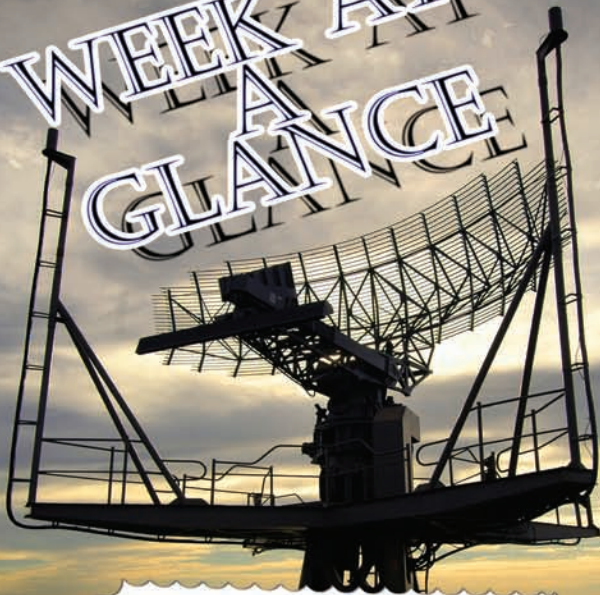


Photo By MC3(AW) M. Jeremie Yoder

Prior to an evening launch, two Aviation Warfare Systems Operators from Helicopter Anti-Submarine Squadron (HS) 2 "Golden Falcons" head to their helicopter.



# WEEK AT A GLANCE



MCSN Justin Blake



MCSN James R. Evans



MCSN James R. Evans



MCSN Tim Roache



MCSN James McCarty



## Local News

# Dental Tech's, Corpsman Ratings Merge

**MCSN BRANDON WILSON**  
*Penny Press staff*

USS Abraham Lincoln's Dental Technician's (DT's) and Hospital Corpsman (HM's) have been sharing knowledge and skills as they adjust to the Navywide merger of the two ratings.

Throughout the Navy, bearers of the caduceus (the winged-staff with two snakes twined about it used as part of the HM rating badge) have been exchanging responsibilities since the ratings merged in November 2005.

Aboard Lincoln, both medical and dental departments cross-train by having a corpsman sent to the dental department for two weeks and taught under the supervision of Dental's Leading Chief Petty Officer, Senior Chief Hospital Corpsman (SW/AW/FMF) Steven Wheeler. The corpsman is given hands-on dental experience through assisting with duties such as tooth extractions, teeth cleaning and oral X-rays.

After the corpsman's two weeks are up, a legacy dental technician is switched into the medical department and trained under the supervision of Medical's Leading Chief Petty Officer, Senior Chief Hospital Corpsman (SW/AW) Timothy Stewart for two weeks. The cross-training HM learns duties in the emergency ward, radiology and medical lab.

Both departments focus on training senior personnel in medical management, whereas junior personnel are trained more in the clinical field of the jobs.

Hospital Corpsman Steffon Corna, originally a surgical tech-

nician in the Medical Department, has been training as an oral surgery assistant in the Dental Department since the beginning of Lincoln's deployment.

Dealing primarily with the mouth, it's just as much hands-on work for him as medical surgery, he said, but not as much about asking patients what's wrong with them and finding out the underlying medical problem.

"Dental's a whole other world than medical," Corna said. "I think it's a pretty good impact. Most corpsmen aren't going to have the ability to get a lot of hands-on training."

Corna went on to explain that those stationed at sea have con-

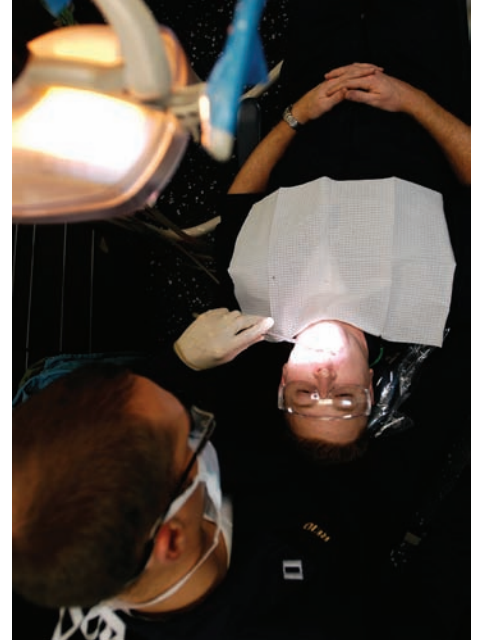


Photo By MCSN Timothy Roache

**Dental Technicians are now a NEC coding for all incoming Corpsman.**

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## MWR Offers Tours, Luaus and a Good Time in Hawaii

**By MC2(SW) MICHAEL HART**  
*Penny Press editor*

Sailors on board USS Abraham Lincoln (CVN 72) have had numerous opportunities to get the most out of their port visits thanks to Morale, Welfare and Recreation (MWR).

From Hong Kong and Singapore to Thailand and Japan, MWR has provided opportunities for Sailors to see areas of foreign ports they wouldn't normally have.

"I went on the Buddha tour in Hong Kong," said Ship's Serviceman 3rd Class Jennifer Wiesz from Supply's S-3 division. "I had a lot of fun. I got to see different parts of the country."

Even though Abe's next port, Hawaii, isn't a foreign country, MWR has numerous fun activities for Sailors to sign up for.

"We're offering tickets to luaus at Paradise Cove and one on the pier, July 1," said Electronics Technician 2nd Class (SW) Priscilla McKinney, MWR's assistant leading petty officer.

Luaus aren't the only activity that MWR is offering. They also have a slew of outdoor activities for those that want to get out and stretch their legs.

"We have jet skiing, parasailing, ATV and horseback riding, deep-sea fishing and paintball," said McKinney.

No matter what the location, MWR tries to offer the best for Abe Sailors.

"It's a good opportunity for people to do things they have never done before," said McKinney. "I don't think people will have the chance to do such cool things with such a conveniently low prices."

Aviation Boatswain's Mate (Fuels) 3rd Class Donald Jackson, from Air's V-4 division added that the tours he's done were well worth the price.

"I went on the Hong Kong Island Tour," said Jackson. "I spent \$15. I thought it was well worth the money. I got to see so much, we went almost everywhere."

Tours are on sale now in the MWR office. Ticket sales onboard will end at close of business today at 9 p.m., but ticket sales will resume on the pier. For more information, call MWR j-dial 7028.

# Local News

## WRAP UP *Continued from page 1*

the importance of joint operations during the exercise.

"Valiant shield is a rare opportunity to bring together platforms that normally do not exercise together," said Goodwin. "Bringing B-2 bombers and carrier strike groups together is unusual, but exercising these capabilities helps ensure an integrated American air, sea and land force capable of an overwhelming and decisive response in any future contingency."

Prior to the exercise, Lincoln hosted foreign observers from the nations of India, Japan and Russia, as well as media from the Armed Forces Network, Guam, Japan and National Public Radio.

The exercise began with a photo exercise as the three strike groups conducted a passing exercise, sailing in a formation that brought the ships within 500 yards of one another as a flight of F/A-18 "Hornets" and "Super Hornets" lead by an Air Force B-2 "Spirit" Bomber flew in formation overhead.

Operations then began in earnest, as the carrier strike groups began flying three days of sustained air strikes, jointly with Air Force aircraft.

At the same time, the groups' helicopter squadrons began anti-submarine warfare exercises, and detachments went ashore to Guam to perform Navy Special Warfare missions with SEAL Team 1 and Explosive Ordnance Disposal Mobile Unit (EODMU) 5.

## HS-2

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Photo By MC3(AW) M. Jeremie Yoder

"It shows the capabilities of two separate squadrons, which typically work in different areas of responsibility, and what they can accomplish together," he said. "We are two squadrons, but we have one goal."

Valiant Shield is a joint exercise designed to reinforce the United States' commitment to the Pacific Region. To learn more about Valiant Shield, visit the Web site at [www.pacom.mil](http://www.pacom.mil).

(Left) Maintainers and aircrewman from Helicopter Anti-Submarine Squadron (HS) 2 "Golden Falcons" discuss mission specifics prior to an evening flight in the helicopter hangar on Andersen Air Base. An HS-2 detachment was on the island of Guam, operating with a detachment from HS-14, in support of Exercise Valiant Shield 2006.

## FLTCM

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history.

You can find this VA-related information at <http://www.ftc.gov/veterans>.

Finally the FTC has lots of general ID theft material on their ID theft homepage. You can find it at <http://www.consumer.gov/idtheft/>, so everyone should take the time to get smart now.

Warriors, I know it's difficult to remember all the things we have to watch out for in our fast-paced society. But as technology offers us newer, faster conveniences, there will always be those out there who find ways to use those benefits against us. The key is to stay on top of things so they can't make us victims.

## USS Abraham Lincoln Safety Department's

### Safety Sailor of the Week



While handling Hazmat, ACAN Alan Tew of Operations' OC div (TAD to Supply) ensured his Safety by using PPE (a Face Shield and Nitrile gloves).

## HM

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venient access to training in their counterparts' profession.

"Being in a clinic as opposed to a deployable platform, you don't have the ability to work hand-in-hand with a dental technician or corpsman (to cross train) because they're in two different clinics," he said.

"Our goal is, once we pull into Everett, to have all E-4 and below efficiently trained in medical and dental," said Wheeler. "Eventually the departments may be combined."

Whatever the future may hold for the separate departments, Lincoln Sailors and embarked commands can rest assured that their health is in the best-trained hands in the fleet.

## Local News

# Super Special, All Ordnance Must Go!!!

MCSN JAMES EVANS  
Penny Press staff

The hard working Sailors of Abraham Lincoln's Weapons Department transferred more than 4.9 million pounds of ordnance to the Fast Combat Support Ship USNS Rainier (T-AOE-7) and the Ammunition Ship USNS Kiska (T-AE-35) June 24-26, 2006.

Working behind the scenes to ensure that the complex and demanding evolution went according to schedule were the professionals of Weapons G-5 division, Ordnance Control.

Aviation Ordnanceman 1<sup>st</sup> Class (AW) Thomas Zimmerman, G-5's Aviation Weapons Movement Control Station Supervisor described the enormity of the task.

"During the offload, this office was the busiest office in Weapons Department, probably on the entire ship," said Zimmerman "Everything that happens in the magazines, in the hangar and on the flight deck is controlled and directed through here."

According to Zimmerman, the offloads were among the largest undertakings his department has been tasked with during the deployment. The goal of the event was to relieve the ship of its "mission allowance" of ordnance; weapons which could be used if Lincoln were called upon to support combat operations.



Photo By MCSN James Evans

**Aviation Ordnancemen from Weapons Department, G-1 Division attach crates of ordnance to an MH-60S of Helicopter Sea Combat Squadron (HSC) 21 "Blackjacks" during a scheduled vertical ordnance offload between USS Abraham Lincoln (CVN 72) and USNS Kiska(T-AE 35).**

Although Lincoln had already successfully completed a number of weapons transfers throughout this deployment, this was by far the largest.

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# USS Shoup Celebrates 4th Birthday

BY MCSN TIMOTHY ROACHE  
Penny Press staff

USS Shoup (DDG 86) turned four-years-old June 22, while participating in Exercise Valiant Shield '06, a joint exercise designed to reinforce the United States' commitment to the Pacific Region.

Shoup, an Arleigh-Burke class destroyer, was commissioned in Seattle, Wash. June 22, 2002. Shoup was named after Medal of Honor recipient, Gen. David Shoup who served in the Marine Corps, and earned the distinction in the battle of Tarawa, during World War II.

During the four years since Shoup's commission, the ship has seen three deployments and three commanding officers (CO). Shoup's first CO was Capt. Bernard Carter, followed by Cmdr. Alexander Casimes and the present CO is

Cmdr. Christopher Halton.

Command Master Chief (SW) Herb Gregory said he has seen many positive influences and growth during his time onboard.

"The Shoup has a great crew and the chain of command functions very well," said Gregory. "The crew morale is very high, and I believe we uphold the standards that General Shoup served while on active duty."

Since Shoup's commissioning, many Sailors have checked on board and transferred, but there are still 21 crew members that have been aboard since Shoup's commissioning, known as "plankowners".

Boatswain's Mate 3rd Class (SW) Patricia Genes of Long Island, N.Y., is one of these plankowners. From her days as a Seaman Recruit until now, Genes is impressed with Shoup's capabilities.

"At first, we were all new to the ship and

learning new things," said Genes. "Now, we aim for the stars and we reach them."

Shoup has a crew of 304, all of whom work in live together in very close quarters.

"After four years on this kind of ship, you get to know everybody," said Genes. "It's like we're family."

Shoup's crew celebrated the ship's birthday with a ceremony on the crew's mess decks, followed by a cake cutting and an ice cream social.

"We put on a celebration dinner with steak and crab legs," said Gregory. "This celebration had all the trimmings for the crew."

Shoup is currently deployed as part of Carrier Strike Group 9, and is participating in Exercise Valiant Shield in the Guam Operation Area.



## Local News

# Going Home Might Not Be As Easy As You Think

By BMC THOMAS COOK  
Special To Penny Press

Change is a necessary part of life. For us on deployment, a great change to our lives is on the horizon. After five months of steady work, daily routine and close living quarters, we are about to make a dramatic transition to life in port.

Reuniting with our friends and families is usually a happy affair. There are issues we should be aware of as we begin our journey home. Failure to plan and consider the effect your return will have on everyone in your family is a recipe for an unhappy and stressful reunion.

According to research on military family reunions after a deployment, there are three parts of the reunion process: return, readjustment and reintegration.

Return includes Welcome Home parties, celebrations and homecoming rituals. These activities reinforce that the returning member is home and is welcomed.

Expectations of the family will instantly return to pre-deployment levels of interaction. These expectations need to be recognized as unrealistic.

Closeness and communication hall-

mark the second phase of reunion called readjustment.

The third phase of reunion is called reintegration. Family members have developed different behaviors and roles. These changes have to be accepted and integrated into the family structure or rejected altogether.

Here are a few misplaced notions associated with reunions:

- *Everything will be as it was before deployment.* Your memories of how things were five months ago are not reality today.

- *I have to fix everything that has gotten screwed up.* Your partner has handled things their own way. It's not a matter of right or wrong but an individual style of managing and coping. Negotiating how things will be done in the future is a part of the reunion process. Patience and understanding is key.

- *I had the worst of it. I was at sea for five months.* If you have children or your partner has a job, you will encounter a strong disagreement here. From their viewpoint, you spent time visiting foreign countries and partying with your buddies. All family members endure hardship and

emotional turmoil during deployments.

Tips for a successful reunion:

- Be patient. Expecting things to get back to "normal" quickly is expecting too much.

- All family members have changed in some way. Accept that your partner and loved ones will be different.

- Your fantasies of how life will be when you return may be just that – fantasies.

- Resist the temptation to celebrate by going on a spending spree.

- Children will feel the same confusing emotions you and you spouse feel: worry, fear, stress, excitement, elation.

- Take time to get reacquainted.

- Approach your spouse as an equal. Focus on the fact that now you can do things together.

- Don't expect old problems to have gone away.

We are not the first to return from a deployment, lessons can be learned from past experiences. Do yourself and your family a favor and learn as much as you can. It will help to make your return home a happy and memorable experience.

## OFFLOAD

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"Outside of combat missions, this is the biggest thing we do. It's the largest amount of ordnance we handle at one time," said Zimmerman.

Not so behind-the-scenes, the dedicated Sailors of Weapons Department worked long hours to ensure that every piece of ordnance made it off the ship safely and efficiently.

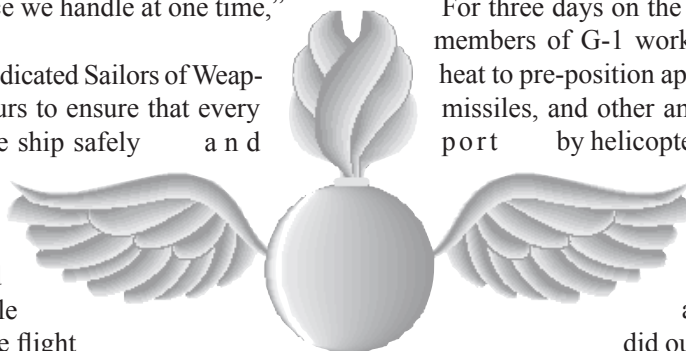
"We did about 15 hours of actual (Vertical Replenishment) VERTREP, but our hours extended from 6:00 a.m. to 10:30 p.m. while we were moving pallets out to the flight deck and hangar bay," said Aviation Ordnanceman Airman Nicholas Zuniga of Weapons Department, G-1 Division.

"Basically we hooked up retro (heavy duty cargo netting and hooks) to the pallets that were being (lifted off by helicopter), did all the banding, and brought everything up from the hangar bay and got it ready," said Zuniga.

With the hangar bay secured, the smoking lamp out, and AFFF stations manned as safety precautions, ordnance were pre-staged prior to each day-full of offload.

For three days on the flight deck and in the hangar bay, members of G-1 worked through the scorching Pacific heat to pre-position approximately 500 pallets of bombs, missiles, and other ammunition and rig them for transport by helicopter or by Connected Replenishment (CONREP) between the two ships.

"It was pretty hard out there, with the sun out and the heat and all, but we kept hydrated and just did our best to keep cool and get the job done safely," Zuniga said.



## Local News



# Shipmates

*The strength of a warship lies in the hearts and hands of its crew*



Photo By MCSN James Evans  
An EA-6B Prowler of Electronic Attack Squadron (VAQ) 131 "Lancers" catches an arresting gear cable upon landing on the flightdeck of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

### CITIZENSHIP *Continued from page 1*

squadrons, departments and divisions must maintain an accurate liberty log for all personnel.

Liberty expirations are as follows: Midnight for all personnel E-3 and below, 1:00 a.m. for E-4. There is no liberty expirations for E-5 and above, except for July 5, when liberty expires at 0700.

Overnight liberty is authorized for all E-5 and above, personnel E-4 and below fall under the Exceptional Sailor Program, and must have approved overnight liberty chits.

The ALCSG civilian attire policy is still in effect. Civilian attire will be scrutinized as Sailors depart for liberty, and personnel in inappropriate attire will not be allowed to leave the ship.

Good citizenship is still one of ALC-SG's primary missions, especially when in U.S. ports. All hands are encouraged to enjoy the holiday weekend and some hard-earned liberty, but are encouraged to do so responsibly.

## Top 10 Things these guys are doing....

10. Testing out the Navy's newest aviation job, the "Back-seat Pilot."

9. Wondering how an airman drove a tractor into a parked airplane.

8. Playing tug-o-war with their new pet, Optimus Prime.

7. Trying out for the Navy NASCAR team.

6. Their Chief sent them out to find a gig line.... Hope this works.



5. Playing badminton with the Reagan.

4. Launching an interstellar probe at the Klingons in the hangar bay.

3. Safely stopping what they're doing to listen to the Captain.

2. Battling the aliens from War of the Worlds. And all this time you thought they were fake.

1. No matter how they tried, they just couldn't pull a rabbit out of their hat.